

Mediterranean Pasta Salad

Ingredients:

4 cups water
 5 ½ ounces rigatoni whole wheat pasta
 2 tbsp. Sun Dried Tomatoes-drained
 1 lemon
 5 ounces caned marinated artichoke hearts
 1 ½ ounces calamata olives, chopped
 2 tbsp. fresh basil, chopped
 1 tsp. ground black pepper
 ¼ tsp. salt
 1 tbsp. extra virgin olive oil
 4 tsp. balsamic vinegar
 1 tsp. Dijon mustard



Nutrition Facts

Serving Size 1 cup (227g)
 Servings Per Container 6

Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	13%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 4g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	
	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. Bring a large pot of salted water to a boil. Add the pasta and cook until al dente; drain, then rinse with cold water to cool.
2. Meanwhile, make the vinaigrette: Whisk the vinegar, mustard, salt, lime juice and pepper to taste in a small bowl.
3. Gradually whisk in oil to make a smooth dressing; season with salt and pepper.
4. Combine the sun-dried tomatoes, artichoke hearts, olives and basil in a bowl. Add the cooked pasta. Add the vinaigrette and toss. Chill until ready to serve.